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Command  
Master Chief  
Retires After  
27 years

Photo By: JO2 Carmichael Yeppez

NAF El Centro Command Master Chief receives an award from the members of the El Centro Elks Lodge during his retirement ceremony at the Mirage Club on base.

## Scrub-a-dub-dub

*Chiefs are all washed up for Navy Relief*

By JO2 Carmichael Yeppez  
Editor

"We need to come up with some ideas to raise money for Navy Relief," said BU1 (SWC) Elton Oliphant, Command Navy Relief Coordinator during a meet-

ing to the representatives of each department.

"How about a car wash," said AT1 Christopher McCrae from Strike.

"But that means we would have to do a lot of washing and scrubbing."

"No, we'll just have the Chiefs do the washing."

"Oh yeah, and how are we going to make that happen!"

"We'll, just put them up for bids with an option to buy out. If they can outbid the amount bid on them they won't have to wash cars."

"Lets hope it works."

Two weeks later it was scrub-a-dub-dub for the khakis who

*Continued on pg. 2*



*Plus:*



NAF celebrates  
Month  
of the Military Child  
pg. 6







# Chiefs are all washed up for Navy Relief

*Continued from pg. 1*

were not able to pay the high amounts bid on them.

It was a clever idea that up to this day has been one of the most successful car washes at NAF.

In the end it didn't really matter who did the washing, because the outcome was for a good cause.

Command Master Chief (SW) Doug Lattimer was hoping to get out of washing cars, so he waited to the last moment before bids ended and sent an e-mail willing to pay the \$65 on his tab. It did him no good, because Oliphant had received a

previous e-mail saying no matter what the Master Chief paid they would pay \$20 more.

"I think it was a great idea. We raised close to \$600 in a single car wash. That is more than has ever been raised before," said Lattimer. "I think the officers should be next."

"I found out the day of the car wash," said HMC (FMF) Sal Rodriguez from Branch Medical. "I never received the e-mails, so when Petty Officer Oliphant called me and told me I could pay the \$10 bid if I didn't want to wash cars, so I paid the bid."

Rodriguez still showed up to



Photo By: JO2 Carmichael Yopez

MACS (SW/AW) Cheryl Patterson from Security does the scrub-a-dub-dub at last month's Navy Relief Car Wash, which raised close to \$600.

help wash cars.

Oliphant says they have extended the deadline for contributions to May 15. As of April 21, 49 percent of the base had par-

ticipated.

"Last year the amount raised was \$8,625," said Oliphant. "We need about \$3,000 more to reach last year's amount."



When CMDCM (SW) Doug Lattimer reenlisted on April 1, April Fools Day, we all thought it was a joke. But after seeing him sign the dotted line we learned it was all legit.

"I've been in for 21 years," said Lattimer. "I still enjoy the Navy and plan to stay until I don't enjoy it anymore, or they kick me out."

Lattimer reenlisted for 5 years and will leave NAF in June of this year. He will attend the Senior Enlisted Academy before reporting to VS-33 in San



Diego.

Lattimer is the acting Command Master Chief until the new Master Chief reports in May.

LCDR David Howard, was the reenlisting officer.



## Signing the dotted line

Photos By: JO2 Carmichael Yopez



FC1 Robert Greenwood signed on the dotted line for the last time on Friday April 16 at a small reenlistment ceremony at the security office in Bldg. 565.



Greenwood reenlisted for four years. He will depart NAF in December of this year and will report to the USS Peleliu (LHA 5) in San Diego. LT Michael Conn was the reenlisting officer.

*The Sandpaper* is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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# Command Master Chief retires after 27 years

By JO2 Carmichael Yopez

Editor

CMDCM Vince Seay, retired during a retirement ceremony at the Mirage club on Friday April 9.

A native of South Carolina he enlisted in the Navy in 1976 and spent most of his career as a submariner. He arrived in 2001 as NAF El Centro's Command Master Chief. He has been described as direct, brief and to the point. For those who knew him, his boisterous manner was sometimes intimidating at first, but behind his bold image was a friendly Master Chief always looking out for the well being of his Sailors.

It's not easy to say good-bye after so many years in the Navy especially after spending almost two decades as khaki. He loved his career as a Sailor and as a leader.

"My career has been very rewarding and I enjoyed it to the fullest," said Seay. "I wouldn't



CMDCM (SS) Vince Seay was glad when he finished his closing speech. It lasted more than the 10 minutes he had planned for.

trade it for anything in the world."

To say that men don't cry would be an untrue statement, but when you picture Master Chief Seay, he would be the last person to shed a tear. But when he said words like honor, pride, success of Sailors, my Chiefs and the blue

jackets, his voice thinned out and had to pause taking a deep breath to put his sentiments back in place. After thanking many organizations like the Navy League, the Elks Lodge and the Chamber of Commerce for their support to his Sailors, he had to

take a big pause for the next group he was about to talk about.

"My real love of the job was because of the Blue Jacket," said Seay. "These are the true Sailors who do the work. I owe much of my success to them. I liked playing the role of the mean old crusty Master Chief, but over a decade I've shared a philosophy I once heard in a movie. Always be nice and when you feel you can no longer be nice come talk to me. This philosophy has served me well, but most importantly it has kept my troops out of trouble."

Before saying good-bye, Seay received numerous awards and presentations including a letter from the President of the United States and a letter from the governor of South Carolina, his home state.

"I wish you all a safe journey and whether you meet fair winds of foul, you will find your own way to harbor in the end."

## Honoring Scottish heritage

### National Tartan Day

By YN1 Michael Martin

Admin Yeoman

April 6 was the Senate and Presidentially approved day to honor Scottish Americans, dubbed "National Tartan Day" (this is also the day the Scottish Declaration of Independence was signed). Scots, however, are much more than kilts, bagpipes and a funny accent.

President Woodrow Wilson said, "Every line of strength in American history is a line colored with Scottish blood." Over 60 Scottish Americans have been recognized for extreme valor and bravery in the military, including several Medal of Honor recipients. 35 Supreme Court Justices were Scots. Presidents Wilson, McKinley, Jackson, Theodore

Roosevelt, Polk, Lyndon B. Johnson and Grant all claim Scottish ancestry. Even John Paul Jones, the father of the U.S. Navy was a Scot. Scots invented radar, discovered penicillin, created the rhubarb, wrote Sherlock Holmes, invented the steam engine, brought golf to the new world, discovered insulin and the list goes on and on. What about Scottish Terriers and Shortbread? We can also thank the Scots for bagpipes, which, of course, is the source of everyone's favorite music. Last, and certainly not least, Scotland gave us Scotch Whiskey (the official drink of Scotland) and Haggis (a Scottish dish made from a sheep's windpipe, lungs, heart and liver, which is first boiled and then minced. It is then mixed with beef suet and lightly toasted oatmeal.



This mixture is placed inside the sheep's stomach, which is sewn closed. The resulting haggis is traditionally cooked by further boiling for up to three hours).

Scottish-Americans have made many great contributions to our society and our way of life and have long deserved the recognition of having a "day". So, on April 6th next year, find a Scotsman and let him know how much you appreciate him and the contributions of all Scots everywhere.

### Welcome Aboard



Welcome Aboard to ENS Michael Duwel. He is the new Security Officer for NAF.

Do not throw away!  
Pass on to next reader.

If you have access to a government computer  
See the Sandpaper  
on our internal website  
[extra.nafec.navy.mil](http://extra.nafec.navy.mil)





# Servicemembers can apply for *expedited* U.S. Citizenship

By Navy Region

Foreign-born service members can now speed up the process to obtain American citizenship. The immediate eligibility for service members to become a naturalized citizen is based on Executive Order 13269 signed by President Bush on July 3, 2002. Section 329 of the 8 U.S. Code allows the president to authorize expedited citizenship during periods in which the United States is



engaged in armed conflict with a hostile foreign force. Air Force Col. Michael A. Pachuta, director of DoD's Morale, Welfare and Recreation policy office, told American Forces

Radio and Television Service in a Feb. 20 interview that members who have served for any period of time beginning on or after Sept. 11, 2001, are eligible to apply for expedited U.S. citizenship. Executive order 13269 has shortened the additional prerequisite time of honorable service, from three years to one year.

For more information on how to become a citizen call the base legal office at 339-2673

## Disposing hazardous waste and recyclable materials

By Navy Region

Disposal of hazardous waste in trash dumpsters is a direct violation of the laws governing the disposal of hazardous waste. Improper disposal of hazardous items poses risks to the environment and personnel. Anyone found placing hazardous waste in dumpsters is liable for their actions and will be prosecuted.

It is illegal to bring hazardous waste from home to the base. By regulation, Command Navy Region South West (CNRSW) environmental cannot pay for disposal of household-generated wastes.

The following items may not be disposed of in dumpsters because they are classified as



hazardous waste:

Building materials, (paint chips, tile, etc.), ordnance including small arms ammunition, paint cans (not empty), aerosol (spray) cans, any type of light bulb except incandescent (household type), any petroleum product (oil, oil filters, grease, fuel, break fluid, etc.), any type or size battery, expired or excess chemicals, compressed gas cylinders, treated wood, air conditioners or refrigerators.

The following are examples of items that should not be placed in the dumpsters

**Recyclable:** scrap metals (brass, copper, steel, stainless steel, aluminum, etc.), spent brass shell casings, cardboard, newspapers, office paper, glass bottles, green wastes, plastic bottles, aluminum or steel cans, toner cartridges, and construction and demolition debris such as untreated lumber.

**New or reusable items:** such as furniture, office supplies, etc., must go to the Defense Reutilization Marketing Office (DRMO).

**Security items:** government instructions, directives, base maps, charts, building plans, blueprints or other types of maps should be shredded or burned.

In calendar year 2003, thousands of tons of waste were diverted from the landfill by your efforts in recycling. These efforts helped save landfill space and over a million dollars.

For legal disposal of hazardous waste, contact the NAF El Centro HAZMAT office at 339-2977.

## Heat flag conditions; *do you know what they mean?*

By MAC Phillip Burnett

PRT Coordinator

The summer days are pretty much here. With that said, here is the info on the flags that hang outside the Fitness Center and the Chapel:

**Green flag:** Individuals in charge of unit physical training or work details should monitor the weather index hourly, as changes are likely.

**Yellow flag:** In order to participate in physical training or strenuous exercise, personnel must have been in the immediate geographic area for greater than

four weeks.

**Red flag:** Personnel must have been in the immediate geographic area for greater than twelve weeks before participating in physical training or strenuous exercise.

**Black flag: No organized outside physical training is to be conducted.** Work details should be limited to mission essential and closely monitored by supervisory personnel. Those details deemed absolutely necessary should proceed only with the most extreme caution. Personnel should maintain extreme hydration with water and

electrolytes. Caffeine and alcohol intake will only increase the likelihood of dehydration or heat exhaustion.

As for any activity conducted outside, personnel are reminded to pay close attention to perspiration. If you stop sweating, get to a cooler area; sip copious amounts of cool water and monitor individuals for signs of heat distress. While this is not exactly Webster's definition of heat related injury symptoms, it is a good guide to utilize and stay alert of those around you. As with any heat related injury, address all



worries/concerns to the nearest medical facility.

**Common sense:** Don't wait until you are thirsty to start drinking water, experience and numbers prove that it is probably too late by then. Hydrate yourself with the proper fluids before you get thirsty.

Stay safe during the "Hot" Imperial Valley summer.



Fifth graders from San Diego biking across California stopped at NAF El Centro to cool off at the base pool. It took them six days to cross the state from East to West.

Photo By: JO2 Carmichael Yopez

## From Yuma, AZ to Carlsbad, CA in six days

By JO2 Carmichael Yopez

Editor

How do you build confidence in children at a young age? Well, I imagine there is many ways, but for the fifth grade students at Deer Canyon Elementary in Rancho Penasquitos, Ca, riding across California has been one way to do it.

On Wednesday April 14, around mid-day the first cyclist appeared at the front gate of NAF El Centro. The line stretched for more

than a mile long as they slowly came onto the base. They stopped for lunch and to cool down at the pool before pedaling ahead.

"If you put your mind to it, you can do it," said 13-year-old Mark Hayes as he took a bite of a hamburger. "Once you start you just don't give up."

Fifth Grade teacher, Dennis Bueker, started the event 14 years ago with 24, fifth grade students and four adults. "I once heard about a ride across America," said Bueker. "A book was written about it and when I read it, it talked

about the great change it had caused in these people and how it built up their confidence."

This is how Bueker got the idea and decided to do something similar to build up the confidence of his fifth grade students. The first ride was in 1997 and has grown every year. This year, 125 students and their parents signed up for the challenge.

The students and their parents first drive from Rancho Penasquitos to Yuma, Az where the bike trip begins. It will take them six days, six nights and 280 miles before they complete their trip crossing the State of California from East to West ending at Carlsbad Beach.

"This is our third day," said Gary Rossy. "The first day we biked 18-miles, the second day 60 and today we have completed 34-miles.

During the night, the students and their parents camp out at different schools located throughout their route. For safety precautions they travel on back roads and have chase vehicles escorting them.

"We stayed at Magnolia Elementary School last night," said Rossy. Tonight we will camp out at Westside Elementary School in Ocotillo."

After spending a couple of hours splashing and diving at the pool, the bikers strapped on their helmets and jumped back on their bikes to continue their journey. The ride from Yuma to the base was the easy part. The next day was the real challenge, as they traveled along State Route 78 through steep and winding roads. What seemed an endless caravan of cyclists waved and thanked the guards at the front gate occasionally giving a salute as they left the base. They had cheering smiles and without a doubt were confident in completing the challenge that lay ahead.



## Setting Sprinklers

By Cathy Harper

Navy Housing

Time once again to adjust our sprinklers for the warmer weather. There are variations for setting sprinklers in the operation manual that you received when you checked into housing. Please check you manual for those variations. Check controller clock

times for using the right amount of water for your lawn & plants. Change clock times monthly, or as needed, for changes in the temperature, weather or seasons. Adjust sprinkler heads so water covers yard evenly and is not being sprayed on walks, driveways and down the street. *Turn sprinklers off during rainy weather!* If electricity goes off, re-set the automatic controller clock. To keep your plants healthy, water the lawn in the morning and shrubs in the evening. Never water plants during the middle of the day because of evaporation.

Turn in a service call for broken sprinkler heads right away to keep from damaging plants and property and wasting water. Regularly check sprinkler system for any problems such as broken pipes, heads, dry spots in lawn, etc. Report any problems to KBR at 339-2204.

Re-setting sprinklers:

\*At the bottom of the controller, move the switch to "Set Program".

\*Turn center dial to the right, to #1 under "Valve Run Times". (length of time) At each number, press in the length of time. (5-8

minutes).

\*Turn dial to "Start Time". Press in time of day you want to start watering. You can set it to water up to three times a day if needed. Just don't over water.

\*Turn the dial to "Schedule". Set the days (on or off) that you want to water.

\*Under the "Today" position, do nothing.

\*Turn the dial back to "Current Time" making sure the current time is correct.

\*Switch the "Set Program" at the bottom of dial back to "Run or Manual".





# Month of the Military Child and National Child Abuse Prevention Month



Housing Piñata

April was the month of the Military Child and National Child Abuse Prevention Month. This year's theme was "Setting the Course for Successful Children."

Our children, quite literally, represent the future and what better way to ensure that future than by taking time then to show our love for them and to explore new ways to nurture them.

NAF El Centro celebrated Month of the Military Child with a variety of activities that included a children's parade, a basketball workshop, picnics, an Easter egg hunt and a pinata.



CDC Children



Photos By:

LT David Rodriguez

JO2 Carmichael Yopez



CDC Parade





Playing with the Rainbow



Easter Bowl/Egg Hunt

Easter Egg Hunt Winners  
Justin Saucedo  
Dolore Flores  
Zabrina Saucedo



Basketball Clinic







# Snake stalks NAF El Centro employee

By JO2 Carmichael Yopez  
Editor

In a bizarre encounter, a snake followed an employee at NAF El Centro, jumped in his truck and remained there for a week.

It started when Fuels Division Accountant, Richard Jefferson, was doing an inspection at the government gas station on base when he noticed a snake crossing in front of his vehicle. Jefferson paused for a minute and decided to move his vehicle to allow the snake to continue on its way. He backed up and drove around the snake and behind a building with the intention of returning to the same spot. As he drove around the building the snake was waiting for him and quickly slid toward the truck. At this point, some of the contractors who were there waiting for Jefferson shouted the snake had gone directly for the truck and was now wrapped around his front tire. Jefferson got out of the truck looked for the snake but did not see it and drove off never thinking much of it.

A week passed and one day Jefferson was walking out of his office getting ready to use the truck when he noticed the snake inside the truck.

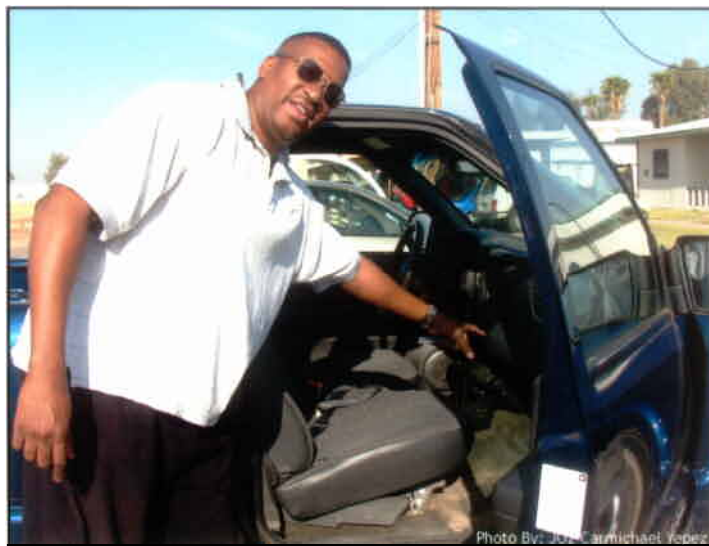
"I was startled," said Jefferson as he saw the snake sliding on the floorboard. "I couldn't believe it. It was the same snake that chased me a week ago. I thought it had fallen off when I drove off the week before."

Jefferson cautiously opened the door hoping the snake would exit the truck, but instead the snake quickly disappeared into the dashboard. "I wasn't about to go trying to look for this thing on my own, so I went back into the building to call the guys who could handle this, "Security."

When Jefferson returned to the office, the phone was ringing and by the time he hung up the phone, some customers walked in. He got side tracked and soon forgot about calling security. A couple of hours later Jefferson was at the supply office in Building 214 when Petty Officer 2nd Class Robert Chiaravallotti also walked in. This is when Jefferson remembered about the snake in the truck.

"Hh-hh-how did you get here," said Jefferson in a sketchy voice.

"In the Govi" replied Chiaravallotti with a big innocent smile on his face referring to the government truck.



Jefferson points to the place where the snake hid into the dashboard. It lived there for a week.

Unknowning, Chiaravallotti had been driving around the base with a 4-foot sneaky companion. Chiaravallotti's natural smile turned into a blank face for about 2 minutes when Jefferson told him about his passenger.

"I was shocked," said Chiaravallotti. "I had been driving the truck all week. If I would have known, I wouldn't have driven it."

Chiaravallotti wasn't about to walk back to the fuels office, so he daringly drove the truck back continually looking and slapping at his ankles for fear of the snake.

Once back at the fuels office, Jefferson and about five other people searched for the snake. They opened all the doors, the hood and started to get into the dashboard when they decided to turn on the heater and some loud music. Within a couple of minutes the unwelcome passenger realized he could probably find a better place and slowly slid off the truck and went happily on its way.

"I was glad to finally see it go away," said Jefferson "He can go find somebody else to befriend."

## Water Conservation!

By Navy Housing

It's great seeing green grass in the desert. Isn't this a beautiful time of the year? The days are a little warm already but the evenings have been great. After the sun goes down, conserve some energy by shutting off the air conditioner and open your windows and doors; it's



really pleasant.

Summer is coming fast when the nights will be hot and the days even hotter. You won't be able to shut the air conditioner off or open windows. Enjoy the

beauty and serenity of the desert, her gentle breeze and beautiful sunsets. The desert is really a very special place giving you 75-80% year round great weather.

### Excess Watering !

Excess can be defined as too much of a good thing and it usually becomes wasteful and costly.

We're talking about over-watering or not watering properly. The key

is to keep the housing area green. We also don't want the excessive amounts of water undermining our streets. The real end result is that our water costs are going to skyrocket if this practice continues.

Don't let our dollars that could be used to improve other areas in housing run down the street or pool up in unwanted areas. When the water pools, it can become a breeding habitat

for those pesky mosquitoes.

Sweep clippings and debris instead of washing them into the streets. Debris increases street maintenance and clogs the drainage system.

Keep your lawns green and beautiful, but remember not to over water.

"We never know the worth of water till the well is dry." ~ Thomas Fuller.





# MWR's Bunny Run

By JO2 Carmichael Yopez  
Editor

In an effort to continue promoting physical fitness, MWR held its first "Bunny Run" to kick off the Easter season on Friday April 2.

The run was supposed to have been a 1.5-mile run, but the seven runners who showed up were more seasoned athletes, and opted for a 4-mile course. After a few minutes of warming up, the runners started off at the base gym. They were the usual "suspects," or should I say the usual runners you see running around during lunchtime, the Public Works crew, AM1 (AW) Robert Mersino from

Supply and a new runner who took everybody by surprise, CDR Daniel Denison.

Like the "Energizer Bunny," Denison kept going and going the entire course quickly disappearing into the black pavement. He kept a 7-minute mile pace throughout the entire course. Denison finished at 28-minutes and one second. Next was LCDR Nelson Wells at 31-minutes 28-seconds and third was Mersino at 34-minutes 12-seconds. The rest of the crew came in under 39 minutes proving they were all top athletes.

First place received a certificate for a free lunch at the



Photo By: JO2 Carmichael Yopez

CDR Denison took the lead during the Bunny Run sponsored by MWR. He ran at a 7-minute mile run the entire course.

Mirage Club third and second events, contact the base fitness Center at 339-2488. received water bottles. For more information on future athletic

## Navy One Source: A New Program for Sailors and Family Members

By Dr. Lynn Flowers  
Family Advocacy Representative

Navy One Source is a new program that offers help to sailors and their families any time of the day and any where in the world. The program is designed to increase the Navy's support to family members and to augment the programs provided by Fleet and Family Support Centers. It is especially helpful for sailors and family members who live in isolated areas.

Navy One Source offers a wealth of information and help. For example, if you're trying to find child care, get out of debt, cope with a family problem or personal issue that's weighing you down at home or at work, or just dealing with the ups and downs of

everyday life, you can get in touch with Navy One Source. No question is too small, no issue is too big. The service is confidential.

Navy One Source is available 24 hours a day, 7 days a week. The program can give you information, advice, and support on a wide range of everyday issues, including:

Parenting and childcare, education, older adults, midlife and retirement, deployment and reunion, financial, legal, everyday issues, work, international relocation, emotional well being, addiction, recovery, and grief and loss.

Navy One Source offers you a real person to talk to when you need help or an answer to a question. There is access to online articles, workshops, locators and self-

assessments. Pre-paid booklets, audio recordings, and other materials to help you get the answers you need in the format you want are available. There are also referrals to resources, services, and support in your community. There is a commitment to always be there when you have a question or need help.

You can log on to Navy One Source online at [www.navyonesource.com](http://www.navyonesource.com) User id: **Navy** Password: **Sailor** Or you can call Navy One Source at 1-800-540-4123. For Spanish, dial 1-877-989-5392.

For more information call the Fleet and Family Support Office at 339-224.



Photos By: JO2 Carmichael Yopez



## More reenlistments

On Monday April 26, two reenlistments took place within 30 minutes. Both involved a nice reenlistment check.

Left, MA2 (SW) Jose Elias has done very well for himself. In less than four years, he has gone from E-1 to E-5. To top it off, he received a \$15,208 check as a reenlistment bonus. LTJG Gabriel Parrilla was the reenlisting officer.

Right, AC2 Jennifer Hirsh has not taken a nice vacation since she joined the Navy seven years ago. One of the first things she plans to do with part of her reenlistment bonus is to spend a week in Cancun, Mexico. Hirsh received a \$15,091 reenlistment bonus. CDR Jeff Lamont was the reenlisting officer.





# Sailors volunteer at Ben Hulse Elementary



Photos By: JO2 Carmichael Yopez

## Partnership for Education

By JO2 Carmichael Yopez  
Editor

Since November 2003, NAF El Centro Sailors have become regular visitors at Ben Hulse Elementary School in Imperial Ca.

Approximately 40 Sailors are part of a partnership for education program. They volunteer tutoring students at least two times a week in subjects ranging from mathematics to science.

"We just finished studying about parallelograms," said sixth grade teacher Teresa Drewsey to

her class. "Now, who can figure out the formula of a triangle."

These are some of the problems volunteer Sailors are assisting students with at Ben Hulse.

"I thought this was a great way to get involved in the community," said MA2 Jennifer Carlson. "I don't have any children of my own, so this is a good opportunity for me to interact with children."

AG1 Gerald Maxwell who leads the program says he is happy with all the support he has received from volunteers.

"The program really took off well. We have from E-1's to khakis volunteering," said Maxwell.



From right to left: AG1 Thomas McCoy, MA2 Jennifer Carlson and AG3 Quintonia Fanklin help out students solve math problems at Ben Hulse Elementary.

"Our next goal is to have more volunteers join our program and expand to another school."

Drewsey says, the Sailors help out a lot and being in a neat uniform has a big impact on the students.

"It's nice to have them around," said Drewsey. "Some-

times I can't get to all the students who need help. We hope this continues, because the students really look forward to seeing the Sailors."

Sailors or civilians interested in joining the partnership for education program can contact Maxwell at 339-2522.

## Win \$1000 cash and free trip to Washington DC

The National Military Family Association (NMFA) is proud to present the first ever NMFA Family Award. NMFA conceived this award program in 2003 to highlight the public service of families of uniformed service members who also serve their nation. The award recognizes military families which exemplify the best aspects of the military lifestyle and demonstrate the NMFA 35th Anniversary theme, Strong Families\* Strong Force!

NMFA gratefully acknowledges the commitment for this program from our sponsor, Nestle USA. Through the generosity of Nestle USA, each of the winning families (immediate family members only) will be flown to Washington, DC to be honored the week of November 15, 2004. In addition to

visiting Capitol Hill and the Pentagon, the families will be honored at a very special celebration. Each winning family will receive a \$1000 cash award.

In addition, NMFA will send a \$500 cash award to the three individuals who submit the winning nomination packets. A complete packet includes the nomination form and the 1000-word winning essay.

Anyone 12 years of age or older may submit a nomination packet for their own family or the family of someone they know who embodies the military lifestyle.

You do not have to be a military family member to submit a nomination. We encourage all individuals, organizations and agencies to nominate worthy families.

The nomination process should be completed through our website, [www.nmfa.org](http://www.nmfa.org). However, if you do not have



access to the Internet you may contact NMFA Headquarters and request that a packet be sent to you.

Nominations are due at NMFA Headquarters not later than **Thursday, May 20, 2004**. The winning families will be notified in June 2004.

Please take this opportunity to recognize an outstanding military family you know! All questions and comments can be directed to Donna Clodfelter at [familyaward@nmfa.org](mailto:familyaward@nmfa.org) or call us at 1-800-260-0218

NAF El Centro is looking for volunteers for the upcoming Annual Elks Memorial Day Ceremony Monday May 31. Volunteers will form part of NAF's prestigious Flag Passing Ceremony Detail. To sign up call CMDCM (SW) Doug Lattimer at 339-2437







## Attention to Quarters

By **JO2 Carmichael Yezpez**

Editor

Quarters was held on Thursday April 22 at the base theater. The following awards

were presented. From left to right, Security Officer LT Michael Conn received a Navy Commendation Medal, AC2 Paul Simmons from the Operations Department received a Navy Achievement Medal, AO3 Tiant Fore-

man from the Weapons Department received a Navy Achievement Medal and MASN Kimberlee Mondro was awarded as NAF El Centro Sailor of the Month for March.



### Graduated

April 16, 10 new Sailors graduated from the Auxiliary Security Force Academy (ASF). Center right, AEAN Gregory Steimer from Strike was Honor Graduate and center left, AO2 Brian Connelly from Weapons was High Shooter.



### Completed

On April 21 the following Sailors completed the PO INDOC Course. From left to right back row, AMAN (NAC) Jesse Williams, MASN Thomas Bins and AOAN Bradley Swetland. Front row, AOAN Megan Bermudez, MASN Kimberlee Mondro and ACAN Tiffany Warren.



### Promoted

April 13, Engineers Dane Knight on the left and Gilbert Flores were promoted to Fire Captains. Commanding Officer Paul Ziegler pinned on their new badges during a small ceremony at the base fire house in hangar one.

## Officer package deadline near

By **NC1 Pamela Jensen**

Command Career Counselor

Officer communities were the theme for April's Command Career Counselor informational e-mails. They ranged from Pilot and NFO (aka "talking kneeboards"), SWOs, Staff and Civil Engineer Corps to SEALs and EOD communities.

Have you considered trading in your blue-shirt for a khaki one? It takes a lot of time and work and you face a lot of competition; but if you really want to become an officer – it is achievable. Here at NAF, we have several officers who have made the transition.

Seaman-To-Admiral-21 (STA-21) packages have to be postmarked by 1 July to be considered at this year's board. The STA-21 program allows a member to attend college full-time to earn a Bachelor's degree for up to 36 months while receiving full pay and allowances. While the college you attend must have or be associated with an NROTC unit, you do not go on the summer cruises since you are already familiar with the fleet. You can still participate in both the rating and advancement exams. One recent change to this year's application is that you now have to submit your last 3 PFA scores,

vice the 1 specified in the instruction.

The LDO-CWO program is another option. Limited Duty Officers (LDOs) are technically oriented officers with strong managerial skills whose duties are limited to specific occupational fields. Chief Warrant Officers (CWOs) are technical specialists whose duties require extensive knowledge and skills normally considered beyond that of a Master Chief. Applicants for LDOs must have between 8-16 years of service and be an E7-E9 or an E6 who was selection-board eligible the last exam. CWO applicants must be chiefs or frocked to chief and

have between 12 and 24 years of service. Applications normally must be postmarked by October. When the NAVADMIN is released, it will specify the dates.

Are you between 17 and 22, with no dependents? The Naval Academy may be the place for you. Each year 170 active-duty members are selected to attend USNA. Deadline for applications is normally 31 January. You cannot have passed your 23<sup>rd</sup> birthday on 1 July of your entry year.

Additional information is found in the OPNAVINST 1420.1A. A copy is in my office for you to review. Make the most of your career – this may be an option for you.





## Wedgee Anyone?

Talk about a major wedgee, on Wednesday April 21 approximately 25 Sailors instantly gained weight and battled it out at the base gym in the ancient Japanese art of sumo wrestling.

The suits are a little big when you first put them on, but with the help of a friend giving you a super atomic wedgee they will fit.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pool Use Fee</b> Active Duty, Dependents & Retired Military are free DoD Civilians & Base Contractors \$2 a day. Guests \$2 a day.			<b>Family Bowling</b> Every Friday 6 to 10 p.m. Ext. 2575 Swim Team Practice M-Th 4 to 6 p.m.	<b>1</b> Cosmic Bowling every Sat 6 to 10 p.m. Ext. 2575 Scary Movie 3 (PG-13) 5 p.m. Love Actually (R) 7 p.m.		
<b>2</b> Oil Change Special Entire month at the Auto Hobby Shop Ext. 2689	<b>3</b> <b>Large Pool Opens</b> 11 a.m. to 7 p.m. Ext. 2487 Navy League Dinner	<b>4</b> Karaoke Night @ the Mirage Club 8 p.m. Intramural Softball 5 p.m.	<b>5</b> <b>5 De Mayo</b> Ladies Night @ the Mirage Club Ext. 2330	<b>6</b> Intramural Softball 5 p.m.	<b>7</b> Mom's night out & movie Ext. 2627 Cheaper by the Dozen (PG) 7 p.m.	<b>8</b> Along Came Polly (PG-13) 5 p.m. Lord of the Rings 3 (R) 7 p.m.
<b>9</b> Mother's Day Champagne Lunch at the Mirage Club 10 a.m. to 2 p.m. Ext. 2319	<b>10</b> Karaoke Night Tuesdays @ the Mirage Club 8 p.m. Mongolian BBQ 5 to 8 p.m. Ext. 2330 Intramural Softball 5 p.m.	<b>11</b> Karaoke Night Tuesdays @ the Mirage Club 8 p.m. Mongolian BBQ 5 to 8 p.m. Ext. 2330 Intramural Softball 5 p.m.	<b>12</b> Ladies Night @ the Mirage Club Ext. 2330 Paintball Challenge 3 p.m. at Gear Issue 4-person Teams Ext. 2486	<b>13</b> IV Swim League Finals Start 3 to 6 p.m. Intramural Softball 5 p.m.	<b>14</b> Catch the Kid (G) 7 p.m.	<b>15</b> Honey (PG-13) 5 p.m. Mystic River (R) 7 p.m.
<b>16</b>	<b>17</b>	<b>18</b> Karaoke Night Tuesdays @ the Mirage Club 8 p.m. Intramural Softball 5 p.m.	<b>19</b> Ladies Night @ the Mirage Club Ext. 2330	<b>20</b> Intramural Softball 5 p.m.	<b>21</b> Ice Age (PG) 7 p.m.	<b>22</b> Chasing Liberty (PG-13) 5 p.m. You Got served (PG-13) 7 p.m.
<b>23</b>	<b>24</b>	<b>25</b> Starwars Movie Marathon at Cyfer Cafee Intramural Softball 5 p.m.	<b>26</b> Ladies Night @ the Mirage Club Ext. 2330	<b>27</b> Intramural Softball 5 p.m.	<b>28</b> Baseball Night & Movie at small pool at 6 p.m. No movie at theater.	<b>29</b> My buty's Daddy (PG-13) 5 p.m. Paycheck (PG-13) 7 p.m.
<b>30</b>	<b>31</b>					

# Next American Idol?



By JO2 Carmichael Yopez  
Editor

Don't be surprised if you see Navy spouse Susan Sherwood on the next episode of American Idol.



She recently won the Karaoke contest sponsored by MWR at the Mirage Club on Tuesday April 20.

"She just wowed us," said CDR Daniel Denison one of the judges during the competition. "The moment she started singing we just new we had an instant winner."

The prize for the winning contestant was to sing the following evening with the Rock Band "Up Past Eight" at the club on base.

"I feel very happy," said Sherwood. I've been singing since I was 5-years-old. I used to do talent contests until I grew

out of them. But I am practicing again because I plan to audition for American Idol next year. Sherwood won the contest by singing "Unchained Melody."

## Second Place:

**William Sherwood** with "Honky Tonk Woman."

## Third Place:

**Dionne Chiaravallotti** with "Last Dance."

## Honorable Mention:

**Frank Ekonomo** with "My Way."

## Remarkable Performance

**Fernando Fernadez**